

THE WELLSTREET JOURNAL

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Los Alamos National Laboratory Wellness Center

April 1996

April is Cancer Control Month!

The Three Most Important Ways to Reduce Your Cancer Risk:

• Stop smoking • Eat a diet low in fat and high in fruit and vegetables • Use sun protection

KNOW THE SEVEN WARNING SIGNALS OF CANCER

From The American Cancer Society

1. Change in bowel or bladder habits
2. A sore that does not heal
3. Unusual bleeding or discharge
4. Thickening or lump in breast or elsewhere
5. Indigestion or difficulty in swallowing
6. Obvious change in wart or mole
7. Nagging cough or hoarseness

Spotlight on the Customer...Doug Dick

It was with encouragement from his son that Doug Dick increased his exercise activity soon before leaving Rocky Flats. After arriving at the Wellness Center he continued with a fury. In eight months he increased his aerobic endurance from completing 1/8 mile at 5.0 MPH to now completing three miles at 5.5 MPH, and can polish off two miles in less than 20 minutes. His flexibility score on the sit and reach test has increased six inches.

As a result of exercise Doug feels "100% better, more alert, and sleeps much more soundly." Doug's goals for continuing exercise include: maintaining cardiovascular and muscular conditioning and controlling body weight and blood pressure.

Excellent job Doug, keep it up!

Wellness Center Events

CLASS REGISTRATION for the May-June session begins April 19th.

HEALTH FEST on national health and fitness day - May 15th, Otowi siderooms between 10:00AM and 2:00PM. Lots of great information and freebies.

RIDE A BIKE WEEK - May 4th-May 11th

GOLD RUSH 96 summer incentive program kick-off on May 17th - **FUN WALK/RUN** at Noon at the Wellness Center. Free prizes.

WELLNESS CENTER HOMEPAGE at <http://drambuie.lanl.gov/wellness>

Stress Buster

Realize you have a choice in how you react to a situation. Reacting stressfully is but on choice of many, and is obviously a poor choice. You can do better!

Rehab Tips...Wrist Tendonitis and Carpal Tunnel Syndrome

Preventing and reducing the pain of **Wrist Tendonitis** and **Carpal Tunnel Syndrome**.

1. Reduce repetitive motion at the wrist and fingers - take frequent breaks, and try to avoid doing the same task over and over for hours. Install a lifeguard system into your computer or set a timer to remind you to stop and do something else. Don't ignore the buzzer, it's there to remind you to rest your muscles.
2. When you take a break, do a few stretching exercises for your wrist and fingers. Straighten your elbows, bend your wrists down to the floor and up to the ceiling, keeping your fingers straight. Hold the stretch for 10-15 seconds for each direction. Repeat 5-10 times.
3. To strengthen your wrists, lift light weights (such as canned goods) with your hands. With the palms of your hands facing up, lift the wrist forward. Turn the palms over, lift the wrists up. Repeat 10-15 times.
4. Strengthen the muscles between the shoulder blades. Squeeze the shoulder blades together and down frequently throughout the day. Make certain you do not raise your shoulders as you do this. Raising the shoulders causes entrapment of the nerves to the arms as they come out of the arm. Check your posture often to be sure you are not sitting with your shoulders elevated up towards your ears. As the day wears on and as stress increases, it is a common posture to assume, which causes not only a sore neck and upper back, but sore arms and hands as well.
5. Make certain your work station is ergonomically correct. Keep your wrists in as neutral a position as possible. Use a wrist rest to help keep your wrists neutral, but don't push down on it, just let the wrist rest on it lightly. If you are using a mouse, watch that your wrist is not deviating off to the side. Your keyboard should be at a level where your elbows are bent at 90 degrees, no higher, or you will end up with neck and upper back pain holding your arms up all day.
6. By taking these preventative measures, you may be able to avoid these problems, but if you do have symptoms of pain, numbness, or tingling in your hands after a day's work, be certain to consult the physicians at ESH-2. If the problem can be caught early, it responds to treatment much quicker than if you have waited for it to go away on it's own. Happy keyboarding!

Information from Repetitive Strain Injury

Recipe of the Month...Peperonata

This antioxidant recipe is delicious tossed with pasta or served at room temperature with french bread!

Ingredients:

1 Tbs. olive oil
4 tsp. minced garlic (about 4 large cloves)
2 large onions chopped (about 2 cups)
2 fresh hot chile peppers (red or green), halved lengthwise, seeded, and sliced crosswise (wear rubber gloves)
6 sweet red peppers, cut into strips 1/2" wide
3 tomatoes, cored and coarsely chopped
1/4 tsp. salt, if desired, or to taste
Freshly ground black pepper to taste

Directions:

In a large, deep skillet that has a cover, heat the oil for 10 seconds. Add the garlic, onions, and chili peppers and saute for 1 minute. Add the sweet pepper strips and stir. Cover the pan and simmer over low heat, stirring occasionally, for about 10 minutes or until the peppers are soft but not brown. Add the tomatoes and cook the mixture, stirring often, over moderately low heat, without covering the pan, for another 5 minutes. Season with salt and pepper to taste. Serves 6.

Per Serving (includes 1 cup of cooked pasta).

Calories: 262

Sodium: 99 mg

Fat: 3 grams

Sat. Fat: 0 grams (10% of cals.)

Cholesterol: 0 mg

Recipe from *Nutrition Action* July/August 1995

We want to hear from you! Let us know what you are thinking!

Contact: pwebb@lanl.gov or gentrymunger@lanl.gov with your questions and concerns.